

NUTRITION & DIET



Ayşe Mürüvvet Alanyalı, Dietitian

Acibadem Bağdat Outpatient Clinic, İstanbul · Nutrition & Diet ·

Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE

EXPERIENCE
28+ yearsLANGUAGES
Turkish · EnglishCONSULTS
Video · On-sitePATIENTS
90+ countriesSPECIALTY
Nutrition & DietFOCUS
Nutrition and Diet ·
Functional MedicineHOSPITAL
Acibadem Bağdat
Outpatient Clinic, İstanbulDEPARTMENT
Nutrition & Diet

CLINICAL FOCUS

A central part of Ayşe Mürüvvet Alanyalı's practice is nutritional assessment. This involves reviewing a patient's dietary habits, medical history and any available laboratory results in order to understand current nutritional status and identify areas that may need attention.

Building on this assessment, she prepares individualized diet plans that take into account the patient's health needs, daily routine and personal preferences. She also works within a functional medicine nutrition approach, in which dietary recommendations are considered alongside the broader picture of a patient's health rather than in isolation.

Nutritional assessment

Individualized diet planning

Functional medicine nutrition

Nutrition and diet

Functional medicine



INTERNATIONAL PATIENTS

Ayşe Mürüvvet Alanyalı consults in Turkish and English, and interpreters can be arranged for patients who speak other languages. Before a visit, the Acibadem international patient team coordinates the collection of prior reports and imaging, such as laboratory and pathology results, MRI, CT, X-ray or ultrasound reports, operative notes...



CONDITIONS TREATED

Nutritional assessment

Individualized diet planning



EDUCATION & TRAINING

1998–2003 Hacettepe University Faculty of Health Sciences



PROFESSIONAL EXPERIENCE

2006 Acibadem Healthcare Services

2003–2006 Kadıköy Şifa Hospital



PROCEDURES PERFORMED

ESS

ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



MEMBERSHIPS

- Türkiye Diyetisyenler Association



SELECTED PUBLICATIONS

Publications are listed on the online profile.

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FREE CONSULTATION
Ask Ayşe Mürüvvet Alanyalı
about your case
Reply within 24 hours